

Arlington Council on Aging Meeting Minutes, March 18, 2021

Present: Michael Quinn, Nancy Cox, Anne Brown, Rick Fentin, Kristine Shah, Marge Vanderhill, Mary Hung, Jill Greenlee, Pat Baillieul, Sheila Connerney, and Laura Liscio.
Associates: Mara Klein Collins, Paul Raia, Bob Tosi, and Karen Nichols.

Public meetings are conducted remotely due to the COVID pandemic. This meeting was recorded.

1. Call to order: The regular meeting of the Council on Aging Board was called to order by Michael Quinn via Zoom at 6:03PM on March 18, 2021.
2. Minutes of February 18, 2021, were approved. Jill so moved and Mary seconded.
3. Executive Director's Report: Kristine Shah
 - I. COVID-19 Vaccine Updates
 - i. As of March 11, 213 Arlington residents, age 75+ have been fully vaccinated through HHS run clinics.
 - ii. All interested residents of AHA senior housing buildings have received their first dose of Moderna vaccine, which happened door to door in each building last week. 2nd dose vaccinations for Senior Housing Residents will likely happen the first week of April.
 - iii. There is currently a clinic scheduled for March 17 where 100 additional age 65+ vaccine appointments will be scheduled.
 - iv. We have compiled a list of almost 100 homebound residents who are interested in receiving the vaccine. We are looking to acquire the Johnson & Johnson vaccine for these individuals and are aiming to complete these vaccinations beginning in a few weeks.
 - v. Thanks to a grant from MAPC, we have been scheduling taxi rides for Arlington residents who are able to secure a vaccine appointment outside of Arlington.
 - vi. Thanks to a grant received through Mass Service Alliance, we have a group of trained volunteers who are assisting residents with navigating online websites to secure vaccine appointments.
 - II. Updates on Programs/Services
 - i. Almost 50 Chromebooks and 21 hot spots have been distributed to older adults in town as a part of our Technology Lending Library program. Mt. Auburn Hospital provided the

funding for additional hotspots, which went out almost immediately upon our receipt of them.

- ii. Virtual programs are robust and still growing: Irish Step Dancing had a vibrant group on March 10 and “Brains and Balance” class filled up on the first day our newsletter went out. “Fashion and First Ladies” zoom has been scheduled for April. A hybrid approach will be considered with reopening.
- iii. As the weather improves, we are excited and looking to add some program options that are held outdoors in small groups such as low-impact exercise classes, craft groups and movie events.
- iv. We received 18 applications for our annual Elderly and Disabled Tax Relief program this year. The committee will be meeting Tuesday 3/23 to decide awards. Our Senior Property Tax Work off program and Harry Barber program is full with 25 participants and all have begun accumulating their volunteer hours.

III. Dementia Friendly

- i. We are forging ahead with the steps to get Arlington designated as Dementia Friendly. All are welcome to attend our “Dementia Friends” training on Friday 3/19 from 11am-noon. COA staff and other town groups and staff will be in attendance.
- ii. Our first van driver attended a Dementia Friendly training for van drivers class and spoke highly of what he learned.
- iii. COA Social Work Intern, Ashley Cheetham, is updating the printed resource guide for Older Adults in Arlington. We are excited to have this updated and ready for distribution by the time we reopen. Updating this guide assists with both Age Friendly and Dementia Friendly goals.
- iv. Ashley also included an article in our March newsletter “Dementia: What You Should Know”
- v. Our complete Age Friendly/Dementia Friendly Action plan is due by late June.
- vi. We applied for a grant from the I’m Still Here Foundation and have been selected as a finalist. Our final grant application is due by April 15 and will ask for funding to provide remote exercise classes for residents with dementia and their caregivers.

IV. Financial Updates

i. Grant Application Updates

1. \$20,000 from MAPC for Taxi/Livery transportation - *received*
2. \$11,800 from Lahey/BIDMC Health for Transportation- *received*
3. \$5,000 from Mount Auburn for Hot Spot Monthly Fees- *received*
4. \$4,000 from Mass Service Alliance for volunteer support- *received*
5. CDBG FY22 grant applications: Transportation Program (\$31,540), Volunteer Coordinator Position (\$52,922) and Adult Day Health scholarships (\$6,000). - *awaiting answers*
6. \$5,000 from I'm Still Here Foundation for Dementia Friendly Virtual Exercise Classes- *awaiting answer*

V. Capital Campaign

1. We are moving forward with a spring mailing to update Arlington Residents on the construction progress at the center and invite them to participate again by supporting the Capital Campaign (\$151,000 raised to date). Some may donate "in memoriam" for those lost during COVID.
2. The renovation is expected to be finished in June 2021.
3. Karen suggested updating the town on how well the COA staff adapted during the pandemic: vaccine drive, virtual programs, etc.

VI. Other

1. Our new show on ACMI, Arlington 60+ Connection, premiered this month. It is showing on 4PM on Sundays, 9PM on Tuesdays, and 8AM on Wednesdays.
2. Thanks to you Rick for providing an insert in our March newsletter regarding Property Tax Exemption. This went out in our newsletter mailing to just under 600 residents.
4. Report of the Chair: Michael commended the awesome team at the COA.
5. Minuteman Senior Services, Marge reporting on the March 3, 2021 meeting:
 - a. Kelly Magee Wright shared a story from the Protective Services Dept., that is averaging 26-36 cases per month.

- b. Budget FY22 updates: funding was added to the SHINE program, Elder mental health outreach, and local COAs. Cuts were made in Home Care Case Management and Elder Protective Services.
- c. Kelly presented an overview of MSS Homecare Programs. The goal is to allow consumers to stay at home as long as possible.
- d. The MSS Fun/Run/Walk event, May1-9, has 52 participants and 10 corporate sponsors. Register online if you wish to join. Check the website for the agency brochure and annual report at Minutemansenior.org.

6. New Business:

- a. Mary asked if Arlington would receive Federal money from the latest pandemic relief bill. Amount not confirmed as yet.
- b. Elizabeth Dray submitted a survey on remote participation for Town Meeting.
- c. A Police Civilian Advisory Board is being formed as an alternative mechanism to the police dept. Reps from various town boards will comprise the non-police run committee. A study committee will meet April 8 @ 7pm. A representative from the COA is to be decided.

7. The meeting was adjourned at 6:58pm. Nancy so moved and Mary seconded.